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OF SOUP, SOUP, SOUP! 'CUZ THERE AIN'T NO PARTY LIKE A CULINARY PARTY PAGE 15

'Meant no harm'

Apology not enough for student who was the target of sexually graphic online conversation PAGE 3

SkyHawks power down

Team ends its season with a loss to Mississauga PAGE 4

AND BEST SMILE GOES TO...

12 Years a Slave director Steve McQueen arrives at the Oscars on Sunday at L.A.'s Dolby Theatre. For more on the awards, see pages 10 & 11, and visit metronews.ca. JORDAN STRAUSS/THE ASSOCIATED PRESS

Ukraine warns it's on 'brink of disaster'

International discussion. World leaders rush to find solution to the crisis

Ukraine put its military on high alert Sunday and appealed for international help to avoid the possibility of a wider invasion by Russia.

A day after Russia captured the Crimean peninsula without firing a shot, fears grew in Kyiv and beyond that Russia might seek to expand its control by seizing other parts of eastern Ukraine. The country said it was "on the brink of disaster."

Senior Obama administration officials said the U.S. now believes Russia has complete operational control of Crimea and has more than 6,000 air, naval and ground forces in the region. Ukrainian Prime Minister Arseniy Yatsenyuk said there was no reason for Russia to invade Ukraine.

"We believe that our western partners and the entire global community will support the territorial integrity and unity of Ukraine," he said Sunday in Kyiv.

NATO held an emergency meeting in Brussels. Britain's foreign minister flew to Kyiv to support its new government and Kerry was to travel to Ukraine on Tuesday.

On Sunday evening, the White House issued a joint statement on behalf of the Group of Seven saying they are suspending participation in the planning for the upcoming Group of Eight summit, to be held in June in Sochi, because Russia's advances in the Ukraine violate the "principles and values" on which the G7 and G8 operate.

NATO issued a statement saying it "condemns Russia's military escalation in Crimea." Ukraine is not a NATO member, so NATO is not obligated to defend it, but the country has taken part in some alliance exercises.

Ukraine's new government and the West have been powerless to counter Russia's tactics. Armed men have moved freely about Crimea for days, occupying airports, smashing equipment at an air base and besieging a Ukrainian infantry base. Putin has defied Western calls to pull back troops, insisting Russia has a right to protect its interests in Crimea and elsewhere in Ukraine.

Russia has long wanted to reclaim the Crimean Peninsula, part of its territory until 1954. THE ASSOCIATED PRESS

FOR MORE COVERAGE OF THE TURMOIL IN UKRAINE, SEE PAGE 7

"YOU'RE GONNA LOVE THIS SHOW!" - Toronto Star

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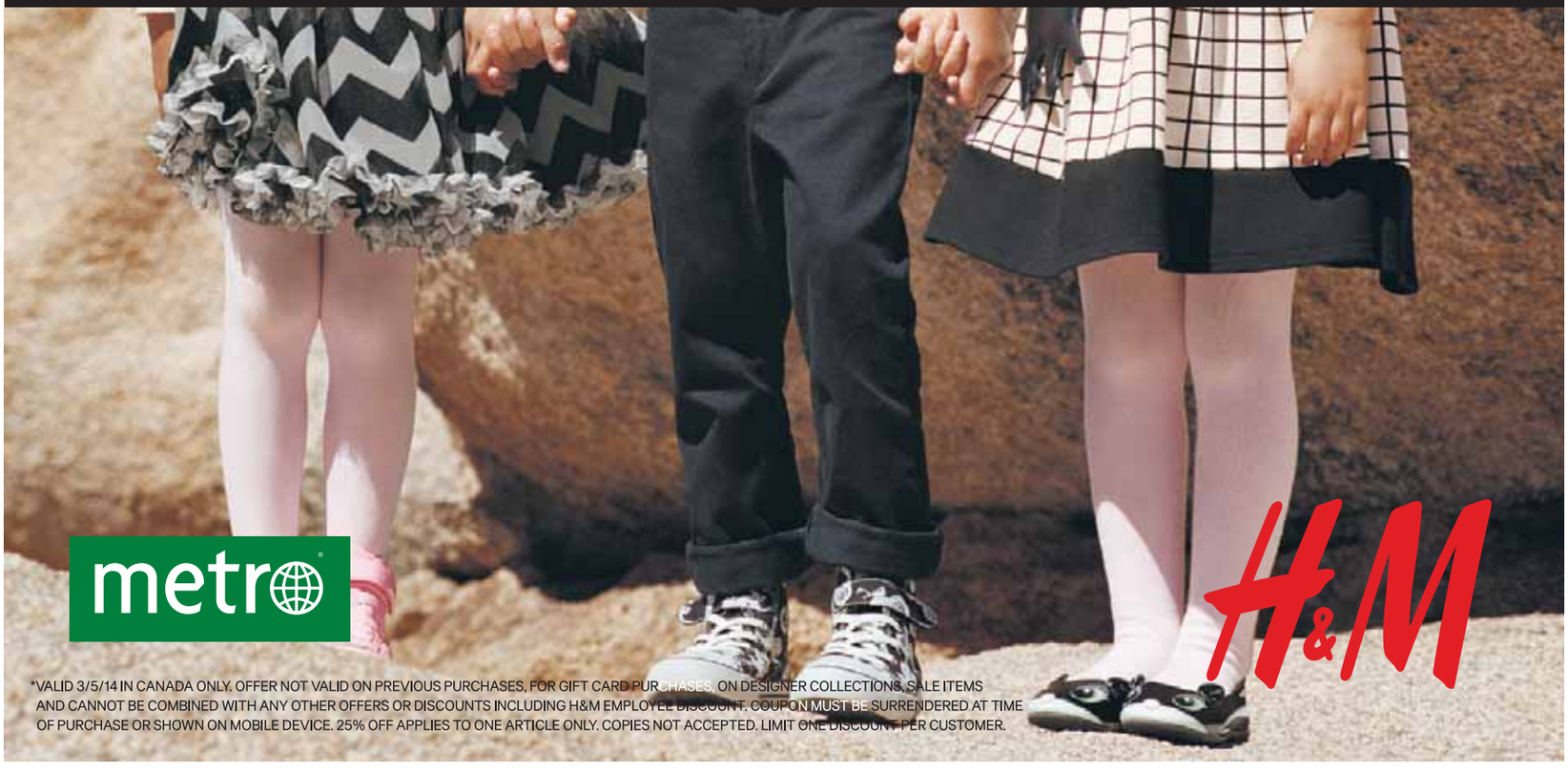

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Student leader denounces 'rape culture' on campus

University of Ottawa. Woman the subject of depraved sexual comments by peers

A student union leader at the University of Ottawa says an online conversation among five fellow students in which she was the target of sexually graphic banter shows "rape culture" is all too prevalent on Canadian campuses.

Anne-Marie Roy, 24, is going public despite being threatened with legal action by four of the male students, who say their Facebook conversation was private.

Roy got a copy of the conversation via an anonymous email. She felt compelled to speak out, especially since the five individuals were in positions of leadership on campus.

"Actions have consequences, and I think that this is certainly something that can't go unnoticed," said Roy, who heads the Student Federation of the University of Ottawa.

"Rape culture is very present on our campuses.... I think that it's very shameful to see that there are student leaders who are perpetuating that within their own circles."

Roy said she was sent screenshots of the Facebook conversation on Feb. 10, while student elections were being held on campus.

The online conversation referenced sex acts that some of the five wrote they would like to engage in with Roy, including oral and anal sex, as well as suggestions she had sexually transmitted diseases.

"Someone punish her with their shaft," wrote one of the individuals. "I do believe that with my reputation I would destroy her," wrote another.

After confronting a member of the conversation in person, Roy said she received an emailed apology from all five men.

"While it doesn't change the inadmissible nature of our comments, we wish to assure you we meant you no harm," the apology, written in French, read. "We realize the content of our conversation between friends promotes values that have no place in our society and our campus, on top of being unacceptably coarse."

Roy felt the apology wasn't enough. She decided to bring it up at a Feb. 23 meeting of the student federation's board of administration. Her plan was to distribute copies of the conversation to board members and ask for a motion to "condemn" the men, two of whom were board members. The other three were involved with organizing campus events.

Four of the five men sent Roy a letter warning her the conversation was private and sharing it would violate their rights.

After consulting a lawyer, Roy chose to go ahead, but got a cease-and-desist letter during the board meeting. The board decided to shelve the motion, but Roy said she wasn't ready to drop the matter.

"It was kind of like getting a double whammy: you get put in a very difficult situation and to have these men try to take all power away from me by telling me that I need to be censored," she said.

A statement issued Saturday by the University of Ottawa said it was "appalled" by the online conversation, which it said demonstrated attitudes about women and sexual aggression that had "no place on campus or anywhere else." THE CANADIAN PRESS

Anne-Marie Roy, president of the Student Federation of the University of Ottawa, speaks at a May Day rally on May 1 about an online conversation among five fellow students in which she was the target of sexually graphic banter.

BEW POWLESS/THE CANADIAN PRESS FILE

String of incidents

Universities need to open a dialogue, says prof

The incident has at least one observer saying it's clear universities need to have a more open discussion about how students talk about each other, even in private.

"I do think it's a form of cyberbullying even though she wasn't a direct recipient of those messages," said Wanda Cassidy, associate professor at Simon Fraser University who researches cyberbullying in schools.

"Whereas 20 years ago those guys might have been out sitting around having a beer and talking in that way, it is quite different when you're putting (it on the Internet), because it's there as a record."

Roy's experience comes about four months after outrage surfaced over student chants at universities in Halifax and British Columbia. THE CANADIAN PRESS

One student resigns, others lawyer up

The cease-and-desist letter sent to Roy identified four participants in the conversation as Michel Fournier-Simard, Alexandre Giroux, Alexandre Larochelle and Robert-Marc Tremblay and threatened legal action if Roy did not destroy her copy of the online conversation and stop sharing it with others.

The one participant in the conversation who is not threatening legal action said the entire incident has been a huge learning experience.

"There was some conversation with some pretty violent, like, some pretty demeaning words," said Pat Marquis. "I didn't say much in that conversation but I didn't stop it either."

Marquis was a vice-president in the student union until he resigned this weekend, reportedly after receiving hate mail and threats related to the conversation. He said he planned to meet with Roy to "discuss ways to move forward."

Another member of the five, who did not want to be named, said the conversation was private and obtained illegally. He said the participants didn't believe they promoted rape culture but "didn't stop it" and now wanted to "promote the end of rape culture together."

Meanwhile, a lawyer for Larochelle said his client was to meet with Roy on the weekend to defuse the situation. THE CANADIAN PRESS

Hindsight

"There's a lot of boys' talk and locker-room talk that can seem pretty normal at the time, but then when you actually look back at it, it can be offensive."

Pat Marquis, the one participant in the conversation who is not threatening legal action

SkyHawks' season 'wasn't supposed to end like this'

NBL. Ottawa's run ends on a tough note as the Mississauga Power dash their hopes with a dramatic 103-100 victory

MIKE CARROCCETTO
ottawa@metronews.ca

On Sunday afternoon, Mississauga powered past Ottawa 103-100 in the NBL Canada Central division "Play In" game at La Cité Collégiale before a crowd of about 400 noisy fans. The Power advance to a best-of-five quarter-final against the league-champion Windsor Express (29-11).

The SkyHawks played themselves in and out of the game many times before star forward Ryan Anderson, who led all shooters with 23 points, controversially stepped out of bounds as he attempted to loft a three-pointer at the final buzzer. Anderson had to be restrained as he ripped into the officials as they walked off the court.

"It wasn't supposed to end like this," a dejected Anderson repeated from the locker room after the game. "That's why I'm hurting so much."

The lead would change hands about 10 times over the final quarter and half, but with the score tied 100-100 with less than two minutes to play, the Power scored all the decisive points, nailing three of four free throws from the line after SkyHawks fouls.

"Back and forth, back and forth. Oh man, that's stressful," was how Mississauga head coach David Joseph described the final few minutes of the game. "But we slugged it out."

About a half hour after the game, an obviously disappointed SkyHawks owner Gus Takkale emerged from the dressing room. He said he's happy about "putting together a good group of guys and (having) a competitive team," adding, "We also learned Kanata is (too) far away (from our fans)."

Takkale says he's working on getting a venue agreement signed for next season. "Hopefully in the next few weeks, or in about a month, we'll be able to make an announcement. Right now we just have to let everything sink in."

Ottawa SkyHawks Eric Kibi, left, and Mike Rose walk dejectedly off the court after a 103-100 loss to the Mississauga Power at La Cité Collégiale in Ottawa on Sunday. MIKE CARROCCETTO/FOR METRO

High drama

"Back and forth, back and forth. Oh man, that's stressful."

Mississauga Power head coach David Joseph, describing the dramatic final minutes of the game.

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Spring in your step? Nope, it's March of the Penguins

March is off to a frigid start and cooler-than-average temperatures will likely stick to our bones until spring.

Ottawa Public Health (OPH) has issued a frostbite advisory until March 6. Environment Canada forecasts a wind chill of -29 for Monday and it predicts temperatures will stay in the negative double digits until Thursday.

Spring will also see a cool start, according to a seasonal forecast released by Environment Canada on Saturday. The quarterly report says the capital will see below-normal temperatures over the next three months.

Ottawa's average temperature in February was about -10 C, compared to -8 C in that same month in 2013. January's recorded average is around -12 C, compared to -9.1 C the previous year.

Winter blew in with an average of -9.7 C in December. The average for the same month in 2012 was -5.5 C.

Those who have endured this harsh winter so far likely know how to bundle up, but OPH and Ottawa Paramedics are still urging everyone to dress in layers and monitor the weather forecasts under this week's frostbite advisory.

The risk of frostbite increases under a wind chill of -25 C. When temperatures reach as low as -35 C, OPH upgrades the advisory to a warning.

Anyone who sees a homeless person living outdoors in this weather is encouraged to call 311.

Those who are considered low-income earners can contact Service Ontario at 211 for help finding cold weather assistance programs.

For more information, visit www.ottawa.ca/health or call 613-580-6744.

LUCY SCHOLEY/METRO

A man dresses warmly on the Rideau Canal in -25 C weather in January. ADRIAN WYLD/THE CANADIAN PRESS

Dante Johnson, right, suffers from a rare disorder that gives him an insatiable appetite. Also pictured are his brother, Denzel, and his parents, Keegan and Tanya. CONTRIBUTED

Rare disorder drugs lacking in Canada, says health group

Medication. Ottawa conference to push for faster drug approvals

LUCY SCHOLEY
lucy.scholey@metronews.ca

Keegan Johnson hopes to access medication that could treat his nine-year-old son's rare genetic disorder, but he said Canada is lagging behind Europe and the U.S. when it comes to allowing drug companies into the country.

So the Mississauga resident is behind a petition asking the federal government to adopt new regulations that will make it easier for Canadians to access rare disorder treatments. He's bringing that petition — which gathered about 5,700 signatures in a week — to Ottawa on Monday for the Rare Disease Day 2014 Conference.

"We talk a lot about our health care system and we're proud because it has done such a great job, but then to look at this situation — to say that we're 10, 15, 20 years behind Europe and the U.S. — it's just unacceptable," he said.

Johnson's son, Dante, has Prader-Willi Syndrome, which causes an insatiable hunger that often leads to obesity. He said there's a medication being developed in the U.S. that's targeted at obesity, but unless Canada adopts the Orphan Drug Regulatory Framework, it likely won't make it across the border for many years.

Health Canada created that framework, which could allow drug companies to bring their products to Canada at the same time as Europe and the U.S. Currently, just 60 per cent of rare disorder treatments make it into the country and most don't get approved until six years later, according to the Canadian Organization for Rare Disorders (CORD).

But drugs are only one part of the picture, notes Durhane Wong-Rieger, president of CORD, which is hosting the Rare Disease Day conference. The organization will be proposing a new Canadian strategy to treat rare disorders, including better support for research and diagnosis.

"We have the facilities to actually contribute greatly to that whole rare disease environment," said Wong-Rieger. "We just have not ... made it feasible."

They won't need parkas where they're going

If it's so cold in Ottawa, why are these people smiling? From left, Maxine Ganderman of Celebrity Cruises posed on Saturday with travellers Gail and Richard Foss, Celebrity Cruise spokeswoman Brenda Yeomans and Gail's brother Graham Neish and Anie Presault. The travellers were the last to board the cruise line's first new all inclusive flight, leaving from Ottawa weekly, to Ft. Lauderdale, Fla., for Caribbean sailing. SEAN MCKIBBON/METRO

Unattended child

Toddler found

Paramedics responded Friday to a call for a toddler found walking alone outside not dressed appropriately for cold weather.

The paramedic service reported a little boy was found in the area of Ogilvie and Blair roads around 4:48 p.m.

Ottawa police are investigating the incident. METRO

Cheer team auditions

Be-e aggressive

The Ottawa Redblacks have announced auditions for its cheer and dance teams.

There will be an information session March 4 at 7 p.m. and a prep-clinic March 6.

All sessions will take place at Marriott Residence Inn on Laurier Ave.

TANYA KIRNISHNI/FOR METRO

Rare disorder diagnoses

New database

Doctors around the world will soon be able to better diagnose rare disorders by logging into a new, giant database.

The project, dubbed PhenomeCentral, is being led by doctors from the Children's Hospital of Eastern Ontario and a professor at the University of Toronto.

LUCY SCHOLEY/FOR METRO

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A Ford ceremony. Toronto mayor goes Hollywood as Kimmel's Oscar-night pal

Toronto's mayor is getting the celebrity treatment on a surprise trip to Los Angeles.

Rob Ford touched down in Tinseltown on Saturday and was greeted by late-night talk show jokester Jimmy Kimmel, who wore a chauffeur's cap and held a sign reading "FORD."

The mayor told reporters he'd "love to" attend the Oscars on Sunday, and will also appear on Kimmel's show on Monday.

When asked if he was taking Ford as his Oscar guest, Kimmel replied "absolutely, wherever he wants to go."

But Ford's brother, Coun. Doug Ford, joined him for the trip and told TV station CP24 on Sunday that Ford won't be taking a seat at the glitzy movie awards but aims to attend Oscar parties, including Kimmel's. He said the California visit is meant to promote Toronto as "Hollywood north."

Rob Ford says that after many requests he finally agreed to be a guest on Kimmel's show because the host personally asked him. THE CANADIAN PRESS

Justice Canada report

Cost of violent crime tops $12B

Violent crimes in Canada come with a huge financial cost, to victims and to the justice system, says a new Justice Canada report.

Five types of violent crimes that occurred in 2009 had an economic impact of $12.7 billion, says the accounting of dozens of factors, from medical care and lost wages to court and social welfare costs.

The study is the department's fourth since 2011 to examine the price tags associated with crime in Canada, all of them focused on the burden placed on victims. THE CANADIAN PRESS

How many Jack the Rippers have hidden in the London (Ont.) fog?

Serial killer capital of the world? Criminologist claims an 'extraordinarily high' rate of multiple murderers in the city

MIKE DONACHIE
Metro in London, Ont.

London, Ont., is the serial killer capital of the world, a Western University expert claims in a shocking upcoming book.

Criminology professor Mike Arntfield says past London murders point towards unknown serial killers. Between 1960 and 1985, London had 32 homicide victims, all of them women and children, in cases that indicate serial killers could be involved. Of those 32, 13 are attributed to three confirmed multiple murderers: Russell Johnson, the Balcony Killer; Gerald Archer, who was called the Chambermaid Slayer; and Christian McGee, known as the Mad Slasher.

Criminologist Mike Arntfield MIKE DONACHIE/METRO IN LONDON, ONT.

But Arntfield says among the remaining 19, there are links. "We've identified a number that suggest the co-existence of two, and possibly three, others (serial killers) at that time," he said.

At a time when London had 200,000 to 250,000 people, having five or six serial killers was a high rate — "extraordinarily high," said Arntfield.

In fact, he says it's the highest rate of any city, based on the statistics available worldwide.

But why London? Arntfield says it's complicated, but factors include population demographics and London's distances from other cities. Being near the highway is a factor, too.

The full story will be revealed when Arntfield's book is published in the coming months.

In writing and on TV

Mike Arntfield is appearing on To Catch a Killer, on OWN every Saturday night.

- Arntfield has two books coming out this year: Introduction to Forensic Writing, published by Carswell, and Procedural Writing for Healthcare, published by Broadview.

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Baird rules out military response to 'Soviet-style' tactics in Ukraine

Sending a message.
PM Harper says Canada is withdrawing its ambassador from Russia

Unidentified armed men patrol around a Ukraine infantry base in Perevalne, Sunday. Hundreds of armed men in trucks and armoured vehicles surrounded the Ukrainian military base, blocking its soldiers from leaving. The outnumbered Ukrainians placed a tank at the base's gate, leaving the two sides in a tense standoff. DARKO VOJINOVIC/THE ASSOCIATED PRESS

The Harper government ramped up its denunciations of Russia on Sunday, threatening the potential for more sanctions even as it ruled out western military intervention to force Russian troops out of Ukraine.

Foreign Affairs Minister John Baird used some of the toughest language yet, describing Russia's incursion as "old Soviet-style" aggression and saying President Vladimir Putin's attempts to justify it are "absurd and ridiculous."

But, while he spoke of the possibility of further sanctions, including expelling Russia's ambassador to Canada, he ruled out a military response to the crisis by western nations.

"I don't think there's anyone talking about western military intervention, none of our friends or allies," Baird said Sunday in an interview with Global's West Block.

"What we are doing is working together to say in no uncertain terms that this is completely unacceptable and to condemn (it) in the strongest language possible."

Baird's own language was harsh. He dismissed Russian arguments that it needs to protect its Black Sea naval fleet, which is based in Sevastopol on Ukraine's Crimean Peninsula, and the Russian-speaking population in that region.

"There is absolutely no justification whatsoever," Baird said.

"The claims that President Putin puts forward are absurd and ridiculous. He has no right to invade another country, a neighbouring country that's struggling for freedom and democracy."

THE CANADIAN PRESS

Syria

Journalist released

A Spanish journalist kidnapped by militants from a breakaway al-Qaida group in Syria crossed the border into Turkey on Sunday, his newspaper reported. The news of the reporter's freedom came as his captors, fighters from the Islamic State of Iraq and the Levant, fled areas near the Turkish border, leaving behind at least two mass graves, with one containing 17 bodies, activists said.

THE ASSOCIATED PRESS

Egypt

PM urges end to strikes, protests

Egypt's new prime minister on Sunday urged a halt to protests and strikes to give the nation a breather to rebuild after more than three years of deadly turmoil, a call made by his predecessors to no avail.

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Four rules to RRSP game

HOW TO ROLL
Alison Griffiths
metronews.ca

It's today! The RRSP contribution deadline for the 2013 tax year ends at midnight. And here you are, among the more than 75 per cent of eligible Canadians who haven't made an RRSP contribution.

Are you going to let another year pass without capitalizing on just about the only tax deduction for working folk? Or are you going to tip toe over to that line of credit or take advantage of your friendly bank/broker/financial adviser who can get you some cash by day's end?

Before you sign on the dotted line, here are four RRSP loan rules.

1. Have a taxable income
There is no point in borrowing to contribute if it provides no tax advantage to offset the loan costs. Contribute by all means, if it makes sense for retirement planning and to carry the deduction forward to higher earning years. But don't saddle yourself with debt to do so.

2. Pay it back in one year
Don't let the fact that the money is going into your RRSP confuse things. It's a debt and must be paid off. With just hours to go, consider this, if you weren't able to save enough during the year for regular contributions, how are you going to pay off the loan over the next year?

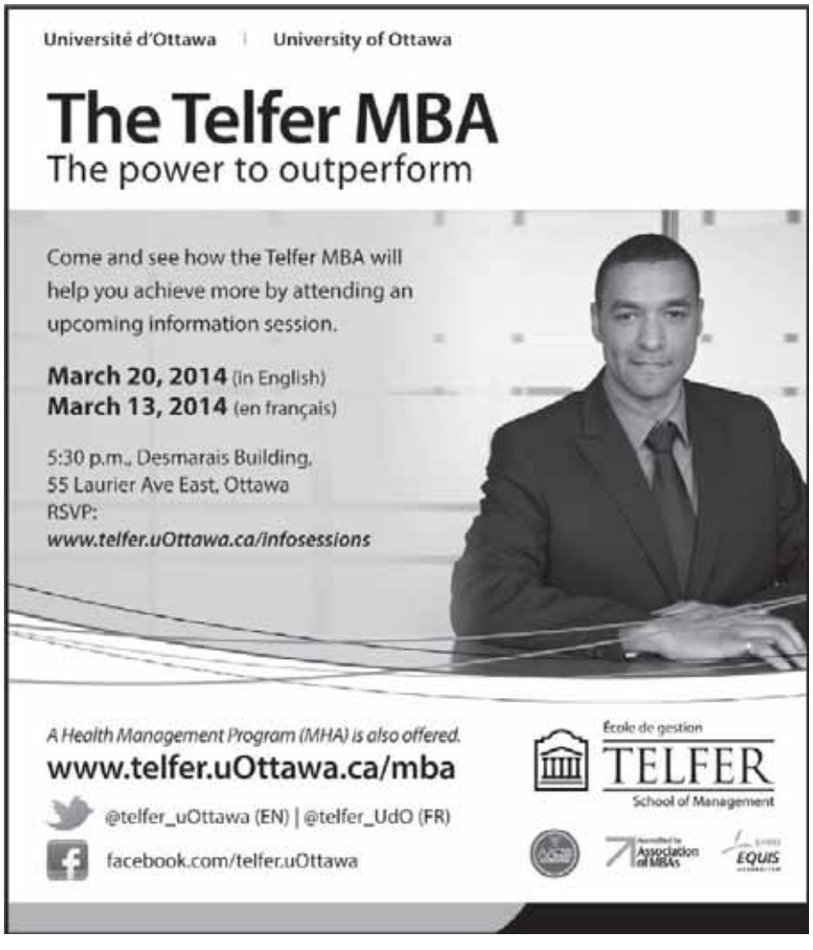
If you can't get rid of the debt within the next 12 months, think hard about how you will avoid being pulled into a cycle of debt-contribution-debt for future years.

3. Direct the tax refund at the loan
Come tax refund time there are always demands on those dollars but they should go to pay off the RRSP loan. Without fail every time I've seen the borrow-to-contribute strategy go off the rails it starts with the failure to use the refund to pay down the loan.

4. Work on a savings plan
Let's face it. Failure to contribute to an RRSP means something is wrong with your financial plan. It's time to butt heads with your budget and figure out why your retirement saving is not on track.

Corruption scandal hits Turkey

Cars wait for the green light on a main road covered with fake banknotes after members of the main opposition Republican People's Party (CHP) threw fake euro bills into the air during an anti-government protest denouncing a corruption scandal that has shaken Prime Minister Recep Tayyip Erdogan's government, in Ankara, Turkey, on Saturday. Protesters shouted "there's a thief! " as they distributed an amount of 30 million fake bills, a day after five remaining suspects jailed in a vast corruption investigation that has shaken Erdogan's government (including two former ministers' sons and a businessman suspected of bribery and illicit money transfers to Iran) were released on parole pending trial. THE ASSOCIATED PRESS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Pals have apptacular success

Sometimes words can hurt, and that's a bad thing.

But for the people behind the video game Letter Quest: Grimm's Journey, damaging words are spelling out their success.

Jake Macher and Mark Smith, who met while working together in London, Ont., are the creators of the game, which came out on Feb. 5.

And it's looking good. Soon after its release, the game made it on to the iTunes App Store's front page, and its popularity means it's stayed there since.

"It is a spelling game that's on the App Store and (Google's) Android Store," said Macher, 36, who also has a full-time job at Big Viking Games in the southwestern Ontario city. "It's kind of like a cross between Scrabble and a role-playing game. You use the letters to spell words, and the bigger the word is, the more damage you do to beat up the ghosts in the game.

The Grim Reaper on the hunt in the Letter Quest: Grimm's Journey. SCREEN GRAB

"As you progress, you are buying items for your character, who's the Grim Reaper, to make him stronger, so that's the role-playing part of it."

It's the first game produced by Bacon Bandit Games, which was formed by the friends six months ago.

Although they worked together at Antic Entertainment in London, Ont., Smith, 34, moved home to Winnipeg to be nearer his family.

Looking ahead, they're discussing possible new games, as well as releasing updates to their first one, giving people new ways to play.

MIKE DONACHIE/METRO IN LONDON, ONT.

CEO insists

Apple has 'a ton of stuff going on'

Apple CEO Tim Cook is still trying to convince shareholders that the iPhone maker remains a step ahead in the race to innovate, even though recent performance of Apple's stock lags behind other technology trendsetters. THE ASSOCIATED PRESS

24 in 2013

Five U.S. bank failures already this year

Regulators have closed small lenders in Virginia and Pennsylvania, bringing U.S. bank failures this year to five after 24 closures in 2013.
THE ASSOCIATED PRESS

$1.2B package

World Bank lends Tunisia a helping hand

The World Bank announced Friday a $1.2 billion US package to support Tunisia's economic reforms and stumbling economy.
THE ASSOCIATED PRESS

CONSERVATIVES EYEING CITY HALL

URBAN COMPASS

Steve Collins
ottawa@metronews.ca

When right-wingers from across the country huddled in Ottawa last weekend for the Manning Networking Conference, they understandably had their eye on the next federal election, but they also examined city politics and their perceived weakness there.

One talk on the conference agenda was entitled, "How conservatives can succeed in the last bastion of the left – City Hall."

The title — and the talk — began from the assumption that the bicycle-riding, fancy-coffee-sipping socialist hoards by and large have a lock on city councils. Evidently, that's why our last municipal election ended in an epic showdown between Clive Doucet and Alex Cullen.

"At the provincial and federal level there's a general consensus that increased spending and taxation and deficits are bad," said conservative pollster Dimitri Pantazopoulos. "At the municipal level, they don't tend to have deficits but they do tend to have spending increases and taxation increases. The discussion around taxes every year at the municipal level isn't 'whether' it's 'how much?'"

One might argue that as tax and spending cuts became orthodox at the other two levels of government, municipalities have had to step into the resulting gaps. And Ottawa had a right-leaning mayor not so long ago who vowed to hold the zero-means-zero line on tax increases — until reality caught up with him.

Pantazopoulos allowed that conservative ideology as it's articulated at the federal level may not filter down perfectly to Main Street: "What does smaller government really mean at the municipal level? Does it mean fewer roads get paved? Does it mean less snow gets cleared?"

In city politics, he said, it's more helpful to talk about supporting "market-oriented" candidates. That's what the Manning Centre tried to do in Calgary's elections last year with their Common Sense Calgary campaign.

'The idea was to really try and talk about some of the issues from a conservative perspective. And if you think that would be very harmless and that people would have no objection to that, you're wrong," said session moderator Monte Solberg, a former Conservative MP. "Mayor (Naheed) Nenshi was really quite outraged about all of this because it drew great scrutiny to his record."

Actually, what upset Nenshi most was a leaked recording of a Calgary developer talking about how he and colleagues had given $1.1 million to the Manning Centre in hopes of electing a slate of city councillors who would "swing our way."

If "market-oriented" politics simply means trying to buy elections, we've already got more than enough of that, thanks.

But the Manningites also have some ideas about how citizens can use information technology to keep better tabs on city council. Researcher Jeromy Farkas crunched numbers from Calgary city council, from councillors' attendance to the number of questions they ask staff to how often they vote with or against the majority.

Some of the data's meaning is open to interpretation. A councillor who asks a lot of questions may be keeping a skeptical eye on the bureaucracy, or just fond of the sound of his own voice. But the point is voters get more data to interpret. The Manning Centre intends to offer this analysis for other cities, including Ottawa, and that's pretty cool.

ZOOM

Nothing funny about Polar Plunge

TASOS KATOPODIS/GETTY IMAGES

Tonight Show host takes a jump in lake

Jimmy Fallon participates in the Chicago Polar Plunge 2014 into Lake Michigan on Sunday in Chicago.

The Tonight Show host agreed to make the "plunge" with Mayor Rahm Emanuel as a condition for the mayor appearing on Fallon's show in New York, following an exchange of tweets and challenges.

The annual event draws several thousand hearty plungers to raise money for Special Olympics Chicago.

Emanuel said last summer that if the city's children read 2 million books as part of a Chicago Public Library program called Rahm's Readers, he'd jump in the lake. When it appeared that they had met the goal, Emanuel had to do it.

THE ASSOCIATED PRESS

Challenge prompted by Chicago mayor

When Emanuel heard that Fallon wanted him to appear on the late-night show that he took over in February from longtime host Jay Leno, the mayor called the comedian and challenged him to join in the plunge.

Fallon joked on his show Wednesday that he agreed to make the plunge before realizing what the plunge actually entailed.

He called it a "nightmare" but said he was a "man of my words."

He said Emanuel told him he had to "toughen up" before Emanuel would appear on his show.

The comedian's followers egged him to do it with a #JimmyPlungeWithUs campaign on Twitter.

THE ASSOCIATED PRESS

Clickbait

DYLAN ROBERTSON
Metro Online

Scoping out a new hairstyle? Maybe you're travelling soon and don't want to risk any salon miscommunications. Here are some apps that use a face photo to let you try on different hairstyles.

ModiFace Hairstyles:
This app allows women to try out 85 different styles in 20 colours, with photos of popular celebrity looks. (free, iOS)

Hair Salon:
This similar app lets women try out a variety of hairstyles. (free, Android)

Men's Hairstyles:
See your handsome mug in 240 different styles, including facial hair.
Probably the quickest way to try out a Santa beard or a crew cut. ($0.99, iOS)

CONTRIBUTED

Twitter

@metropicks asked: A fire dept is mad b/c a porn site took over their expired URL. What site would you take over and why?

@icubedca: We would take over http://www.cra-arc.gc.ca because we really admire their income.

@speirsr: I would take over MetroNews.ca, and then perhaps start a newspaper. (Psst. I lack imagination.)

@late2game: Snagged actionlondon.ca which was an astroturfing front for the development industry during the 2010 muni election.

Follow @metropicks

Comments

RE: Man Wakes Up In Body Bag At Funeral Home, published Feb. 28

You would think before putting someone in a fricking body bag, you would ensure that they were actually dead. Whoever signed off on this guy's death should be fired and have their licence revoked. **Grrrrrrrrr posted to metronews.ca**

maybe he dropped in for a cold one **CrazySnail posted to metronews.ca**

how many times has this happened and NOT been caught? **BUBBLE WHACK posted to metronews.ca**

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

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Host Ellen DeGeneres speaks onstage during the Oscars at the Dolby Theatre on Sunday in Hollywood. KEVIN WINTER/GETTY IMAGES

Ellen takes centre stage at the 86th Academy Awards

And the Oscar goes to ... Many categories were considered a foregone conclusion, so all eyes were left on best picture and supporting actress

NED EHRBAR
Metro World News in Hollywood

It looked to be a down-to-the-wire two-horse race at the Academy Awards, with favourites Gravity and 12 Years a Slave facing off for the big prize Sunday night in Hollywood. Alfonso Cuarón's technological marvel was heavily favoured to win the bulk of the technical awards — like its early win for best visual effects — as well as best director for Cuarón, but could it also beat out Steve McQueen's artful examination of America's dark past?

With many of the main categories considered a foregone conclusion after a lengthy awards season that pushed Dallas Buyers Club stars Matthew McConaughey and Jared Leto and Blue Jasmine lead Cate Blanchett to the front of the pack, all eyes were on the few remaining categories left up in the air, including best picture and best supporting actress. In that race, Lupita Nyong'o (12 Years a Slave) and Jennifer Lawrence (American Hustle) were equally as likely to take the prize.

Speaking of Leto, the first-time nominee kicked off the night with an expected win for his portrayal of transgender AIDS patient Rayon in Dallas Buyers Club. Leto honoured his mother while accepting his award. "Thank you for teaching me to dream," he told her from the stage. "To all the dreamers out there watching around the world in places like the Ukraine and Venezuela, I want to say that we are here ... We're thinking of you tonight."

Actor Zac Efron speaks onstage during the Oscars. KEVIN WINTER/GETTY IMAGES

Host Ellen DeGeneres, returning to the job after leading the show in 2007, took the torch from Seth MacFarlane and promised a ceremony with less song-and-dance and less controversy. She kicked off the show in a sparkly blue tuxedo and a joke about the inclement weather in Los Angeles last week. "We're fine," she assured the audience. She also attempted to reassure the nominees that it wasn't about the competition. "Who are we kidding? It's the Hunger Games," she soon admitted. "You're starving, there are cameras everywhere and Jennifer Lawrence won last year."

Online

Visit metronews.ca for more Oscar coverage and a full list of winners.

John MacKay, former editor of Fashion magazine and pop culture reporter, gives us his picks for Oscar's best-dressed list — and who missed the mark

Red-hot on the red carpet

1 Most anticipated dress — that didn't disappoint: Cate Blanchett in Armani — plus loyalty to an old friend.

2 Chicest Couple: Olivia Wilde and Jason Sudeikis, she in black Valentino, he in a midnight blue Prada tuxedo. Good taste, good looks and a pregnancy to boot!

3 A host outshines the stars: Ryan Seacrest, hosting E's red carpet coverage wearing an off-white Burberry dinner jacket (he calls it "custard cream") rather than the usual black.

4 Best red on red: Jennifer Lawrence on the red carpet in red Christian Dior. Keeping with her Oscar tradition, Lawrence tripped, but recovered the only way this woman knows how: with a laugh.

5 The one exception: In a rare misstep, newly blonde Julia Roberts is sadly, surprisingly, dowdy.

Ebooks

Year In Focus 2013

By. Getty Images

Kindle/iBooks

MIND THE APP
Kris Abel
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Proof that a digital book can hold more photos than paper, this retrospective from Getty Images is a wealth of zoomable slide shows and interactive panoramas that place you at sporting events, concerts, and red carpet galas. Video reports revisit the year's scandals and conflicts while archives and obituaries travel through lives of influence. Every page preserves an extraordinary second.

Razzies

Forget the best, who's the worst in Hollywood?

Has Adam Sandler's dubious dominance of the Razzies come to an end? While Sandler has earned plenty of dubious honours from the Golden Raspberry Award Foundation — "celebrating" the worst in cinema each year on the night before the Oscars — he went home empty-handed despite his Grown Ups 2 being nominated for nine Razzies. Instead, the top honour went to star-studded sketch-comedy omnibus Movie 43, which won worst director for its 13 directors and worst screenplay for its 19 credited writers. Sandler himself was unseated by Jaden Smith, dubbed worst actor for his work alongside dad Will Smith — and worst supporting actor winner — in the sci-fi flop After Earth. The father-son duo also earned a trophy for worst screen combo. And Johnny Depp's disappointing The Lone Ranger was named worst remake, rip-off or sequel, making it the only Oscar-nominated film (for best makeup) to win a Razzie this year.

NED EHRBAR/MWN

Mila Kunis and Ashton Kutcher ALL PHOTOS GETTY IMAGES

Who would have thought? Jackie and Kelso are finally getting hitched

Of all the romantic pairings in '90s Hollywood that might foretell romantic destiny, Jackie and Kelso from That '70s Show were never at the top of anyone's list. However, it turns out they've stood the test of time: Mila Kunis and Ashton Kutcher are engaged. Kunis was spotted shopping sporting a large diamond ring on the big deal finger. Sources have since confirmed to E! Online that she and Kutcher are engaged.

Though they've known each other since 1998, when both were cast on That '70s Show, Kunis and Kutcher only began dating in 2012. There are probably any number of reasons for that, not least of which is that when the show began its eight-season run Mila Kunis was only 14 years old, having vaguely misled producers about her age.

However, since he played her love interest, Ashton Kutcher was her first kiss on the show and in real life. And now they're getting married. Somebody make a movie about them. You could probably cover the decade or so in between when she dated Macaulay Culkin and he was married to Demi Moore in a tasteful montage or something, though.

Mary-Kate Olsen

One twin down, one to go: Mary-Kate is engaged

In other engagement news, Mary-Kate Olsen, 27, is reportedly set to marry 44-year-old French banker Olivier Sarkozy after two years of dating, according to Us Weekly. "Mary-Kate's family thinks Olivier is the best thing to happen to her. They love him," a source says. And the feeling's apparently mutual for friends of Sarkozy, who has two children from a previous marriage. "Mary-Kate has made him a better father" to 12-year-old Julien and 10-year-old Margo, another source says. "She remembers all the kids' special events. She thinks he's a great dad."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Crowe, Crowe, Crowe your boat gently toward the Pope...

STARGAZING
Malene Arpe
scene@metronews.ca

Russell Crowe has been tweeting the Pope, inviting him to come watch Russell's new movie Noah. The Pope finally tweets back, "Already know that story, Gladi8r-boy. But really looking forward to Guardians of the Galaxy #rocketraccoon."

An expert says that the recent proliferation of selfies is leading to a worrying increase in head lice. See, that's why I don't ever put my head next to someone else and take a picture, not because I don't have any friends.

Alec Baldwin announces that he's leaving public life for the following reasons: 1) He's too sensitive to deal with the haters. 2) Everyone in the world doesn't think and behave the way he wants them to think and behave. 3) Too many head lice.

Paula Deen declared that she's "back in the saddle." She added, "On a white horse, of course."

VH1 announces production of a new reality series called Naked Dating. It's for those who find The Bachelor "too damn snooty."

Conspiracy theorists attack the video for Katy Perry's Dark Horse as being the most insidious indoctrination tool the Illuminati has ever produced. After wiping the hot tears from her third eye, Beyoncé immediately fires her video producer.

Skeet Ulrich will be playing two roles, a zombie and the zombie's priest brother, on an NBC show called Babylon Fields. But only because the sitcom Slow Dancing, which was about a werewolf family fighting childhood obesity in space, didn't work out.

David O. Russell says he made Jennifer Lawrence cry by spoiling the ending of Anna Karenina for her while she was reading it. Way to go throwing Jennifer under the train for being a crybaby.

Drake

'Difficult to manage' Drake dropped by PR firm

Drake is quickly earning himself a reputation for being difficult to work with after reportedly being dropped by his public relations firm, according to Page Six. The move was reportedly in response to Drake's outburst over being replaced on the cover of Rolling Stone by the late Philip Seymour Hoffman, and sources tell the Hollywood Reporter that the rapper "has been known to be difficult to manage." Making matters worse, he's apparently taking career advice from a group of friends from Toronto going by the name October's Very Own. "It's a shame that someone with so much talent is surrounded by kids who are burning bridges left and right," a source tells Page Six.

Gavin Rossdale and Gwen Stefani

Gwen and Gavin announce their Apollo landing

Gwen Stefani and husband Gavin Rossdale welcomed their third son on Friday. "Welcome Apollo Bowie Flynn Rossdale," the Bush front man and proud father announced via Twitter, explaining that Bowie and Flynn are he and Stefani's mother's maiden names. Stefani and Rossdale, who have been married for 11 years, are also parents to sons Kingston, 7, and Zuma, 5.

Twitter

@AlbertBrooks
Rumor has it Dennis Rodman is on his way to Ukraine

@Louis_Tomlinson
Dear Mr and Mrs Stone, I'm deeply saddened by your complaint to Chelsea High School regarding our lyrics. I hope the two of you 'get some' very soon

@LoganLerman
Believe it or not but all the rain in LA is just a big Paramount pr stunt

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LIFE 3

Use plastic to build credit history

A credit card can be your friend. Establish credit-worthy record just by paying off card in full every month

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

People are under the impression that I hate credit cards. Nothing could be further from the truth. I actually use my credit card for most of my purchases. What I hate is the idea of paying interest. I NEVER buy anything for which I do not already have the money set aside, so the balance is paid off in full every month.

Not having a credit card often means not having a credit history: The file that shows how you are at managing credit. This is something we usually associate with older, widowed women who have been cared for by loving, controlling spouses. But not having a credit history isn't the domain on slightly out-of-touch women; there are men out there who haven't got a clue because their wives do everything. And it isn't the exclusive territory of our elders; there are young professionals who haven't bothered to establish their own credit identities.

Everyone needs to have the ability to borrow money. Regardless of how you use credit, to get it you need to have a history to prove you can use it responsibly. And the fastest, cheapest and easiest way to establish a credit history is with a credit card.

Used wisely, a credit card offers a no-cost way to build your credit file. ISTOCK

Get a charge out of this

With a credit card, you can build a credit record without it costing you a cent.

If you have no credit history at all — or you've destroyed your credit history and need to rebuild from scratch — you'll need to have sufficient assets to secure your first foray into credit. Most people overlook credit cards as an option because they don't realize a credit card can be secured.

With a secured credit card, you put up cash to cover your balance. Lenders often want twice the credit card limit, so if you want a $500 credit limit you'll have to ante up $1,000. Once you've established your ability to manage the card — anywhere from six months to a year — you can ask for the security requirement to be dropped and your deposit returned.

Secured or unsecured, a credit card can be the cheapest way to build your credit file. In the old days, you had to take a loan, which you then repaid to establish yourself. All the while the interest clock was ticking. So you were "buying" your credit history. With a credit card, you can build a credit record without it costing you a cent. That's because credit cards let you use the issuer's money for a specific period of time interest free. And as long as you repay the outstanding balance in full every month, you can continue to use that credit at no cost. What a deal!

There are three kinds of credit cards: Travel and entertainment cards (like American Express, Diners Club) which don't have preset spending limits but which must be repaid in full each month. Company or retail store cards that are accepted by the issuing company and usually charge the most outrageous rates. And bank issued credit cards that let you "revolve" credit by paying a portion of your balance each month.

Banks do all kinds of things to get you to sign up for their cards. One of the most effective tools they have are teaser rates: Those low interest rates offered as an enticement for you to sign up for the card that last for a specific period of time. And only for as long as you pay on time. Pay attention to the terms and the expiry period, and make your payments well before the due date so you don't get caught when that low introductory rate skyrockets.

The type of credit consumer you are should dictate the type of card you have. If you find yourself carrying a balance, while you work on getting your balance paid off, search for a card with the lowest rate and transfer your balance to that new card. If you pay off your balance every month, you can go with a card that has higher interest — who cares, you're not paying interest anyway — that also offers features like frequent flier miles, cash back, or special insurance options. Just make sure the payoff is worth the price of the annual fee if there is one.

Credit cards can be invaluable when it comes to establishing a credit history. Get one, charge everything, pay it off — all off — every month, and in no time flat you'll have a credit history that will earn you preferential rates when next you need to borrow money for something important.

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METRO CUSTOM PUBLISHING

Tax Talk

Need Advice?

Caroline Battista
Tax Analyst at H&R Block

H&R BLOCK

Only Some Hospital Parking Can Be Claimed, But Everyone Should File A Return

Q I am working part-time while going to college. I didn't earn very much last year. Do I need to file?

A Absolutely. I would encourage any college or university student to file. Even if you earned no income, once you turn 19 you may be eligible for the GST/HST benefit. You have to file to receive it but it will be worth it when a little extra money arrives every three months. You must claim your tuition and education credits each year even if you can't use them. You may not benefit from the credits right now, but once you are working and paying tax, the carry forward credits mean a nice tax break. Or you can transfer up to $5,000 in credits to your parents, grandparents or spouse.

Q Can you claim hospital parking fees as a medical expense?

A It depends. If you have to travel 80km or more, you can claim mileage, and parking as well as accommodations and meals for you and an attendant. But if the hospital is closer to home, the parking fees can't be claimed as a medical expense.

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Turkey in the slaw: Lean burgers zing with hoisin and a fresh crunch

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ROSE REISMAN
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Turkey burgers are a healthier choice than beef and taste delicious. Feel free to use ground chicken as well.

Consider that 4 ounces of ground beef contains 250 calories, 17 gm of fat and 7 gm of saturated fat. Ground turkey contains only 128 calories, 7 gm of fat and 2 gm of saturated fat for 4 oz.

That's a significant difference to your diet.

You also have a choice of white or dark ground turkey. The dark turkey has slightly more calories and fat but is still lower than beef. Often a combination of both white and dark turkey make a delicious and moist burger.

Turkey is an excellent source of lean protein and contains the amino acid tryptophan, a building block of the brain compound serotonin, which induces better sleep and calmness, something we all need!

The recipe for Asian Turkey Burgers with Slaw Topping recipe makes 4 servings. ROSE REISMAN

The Asian flavors go well with turkey. You can find these ethnic ingredients in the Asian section of supermarkets.

The slaw is prepackaged and found in the lettuce section of your grocery store. Feel free to make your own slaw, by grating some white, red or green cabbage, carrots and broccoli.

No need for a bun, but feel free to serve over a whole grain roll with sliced tomato and an extra dollop of hoisin sauce.

You can make these burgers ahead of time, uncooked and freeze for later use.

Ingredients

Burgers
- ¼ cup finely diced onion
- 1 lb ground turkey
- ¼ cup panko Japanese crumbs or unseasoned bread crumbs
- 3 tbsp hoisin sauce
- 1 ½ tsp minced ginger
- 1 tsp minced garlic
- 2 tsp soy sauce
- 1 tsp hot sauce (sriracha)
- 1 tsp sesame oil
- 3 tbsp chopped cilantro

Slaw topping
- 2 ½ cup packed coleslaw
- 1 tbsp hoisin sauce
- 1 tsp minced ginger
- 1 tsp sesame oil
- ½ tsp hot sauce
- 2 tbsp chopped cilantro
- 1 tsp sesame seeds

Directions

1. Burgers: Mix all ingredients until combined and make four patties.

2. Grill patties in a skillet sprayed with vegetable oil for 5 minutes per side or until temperature reaches 165 F.

3. While cooking burgers, combine slaw topping. Serve over burgers. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

Thai Sweet Potato Soup recipe makes 12 (four ounce) servings. ROSE REISMAN

Soup shooters pack silky sweet potato with Thai punch, hit of pistachio pesto

Shot glass soups are very popular for a starter before dinner or for an appetizer at a party.

Sweet potatoes and light coconut milk make a creamy and rich tasting Thai-flavored soup without the calories and fat.

You can substitute butternut squash for the sweet potato.

Ingredients

Thai Sweet Potato Soup
- 2 tsp vegetable oil
- 1 cup diced onion
- 2 tsp finely chopped garlic
- 1 tsp finely chopped ginger
- 2 tbsp finely minced lemon grass or 1 tsp grated lemon zest
- 6 cups diced peeled sweet potatoes
- 3 cups low-sodium chicken stock
- 1 ½ tsp hot chili sauce (sriracha)
- Pinch of salt
- 1 cup light coconut milk
- 1 tsp honey

Garnish
- ¼ cup chopped fresh cilantro or basil
- 3 tbsp finely chopped pistachio nuts

For serving
12 (4 oz) shot glasses

Directions

1. Lightly coat a large nonstick pot with cooking spray. Add the oil and set over medium heat. Sauté the onion, garlic and ginger in the pot for 5 minutes or until the onions are just softened.

2. Add the lemon grass, sweet potatoes, stock, chili sauce and salt. Bring to a boil, then reduce the heat to low. Cover and simmer for about 15 minutes or until the potatoes are tender.

3. Purée the soup in a blender or food processor in batches. Return the soup to the saucepan and add the coconut milk and honey. Heat through. Serve the soup in shot glasses and garnish with cilantro and nuts.

Cooking time: 20 minutes

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

The science of survival: Near-tragedy leads teen to help find gene mutation

Fight back with facts.
After battling a rare liver cancer, NYC high-school student applies her computer science skills to analyzing tumours

First the teenager survived a rare cancer. Then she wanted to study it, spurring a study that helped scientists find a weird gene flaw that might play a role in how the tumour strikes.

Age 18 is quite young to be listed as an author of a study in the prestigious journal Science. But the industrious high school student's efforts are bringing new attention to this mysterious disease.

"It's crazy that I've been able to do this," said Elana Simon of New York City, describing her idea to study the extremely rare form of liver cancer that mostly hits adolescents and young adults.

Making that idea work required a lot of help from real scientists: Her father, who runs a cellular biophysics lab at the Rockefeller University; her surgeon at Memorial Sloan Kettering Cancer Center; as well as gene specialists at the New York Genome Center.

A second survivor of this cancer, who the journal said didn't want to be identified, also co-authored the study.

Together, the team reported Thursday that they uncovered an oddity: A break in genetic material that left the "head" of one gene fused to the "body" of another.

That results in an abnormal protein that forms inside the tumours but not in normal liver tissue, suggesting it might fuel cancer growth, the researchers wrote. They've found the evidence in all 15 of the tumours tested so far.

It's a small study, and more research is needed to see what this gene flaw really does, cautioned Dr. Sanford Simon, the teen's father and the study's senior author.

Simon was diagnosed at age 12. Surgery is the only effective treatment, and her tumour was caught in time that it worked. But there are few options if the cancer spreads, and Simon knows other patients who weren't so lucky.

A high school internship during her sophomore year let Simon use her computer science skills to help researchers sort data on genetic mutations in a laboratory studying another type of cancer.

Simon wondered, why not try the same approach with the liver cancer she'd survived?

The hurdle: Finding enough tumours to test. Only about 200 people a year worldwide are diagnosed, according to the Fibrolamellar Cancer Foundation, which helped fund the new study. There was no registry that kept tissue samples after surgery.

But Simon's pediatric cancer surgeon, Sloan-Kettering's Dr. Michael LaQuaglia, agreed to help, and Simon spread the word to patient groups. Finally, samples trickled in, and Sanford Simon said his daughter was back on the computer helping to analyze what was different in the tumour cells.

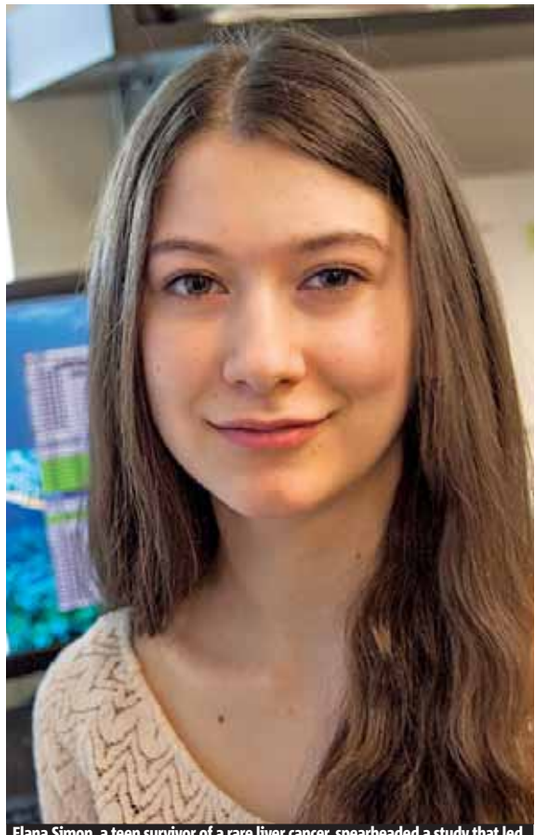
At the collaborating New York Genome Center, which genetically mapped the samples, co-author Nicolas Robine said a program called FusionCatcher ultimately zeroed in on the weird mutation.

Sanford Simon said other researchers then conducted laboratory experiments to show the abnormal protein really is active inside tumour cells. He calls it "an exciting time for kids to go into science," because there's so much they can research via computer. THE ASSOCIATED PRESS

Things just got personal

The research project prompted by Elana Simon has grown into work to get more patients involved in scientific research.

- Scientists at the National Institutes of Health are advising the Simons on how to set up a patient registry, and NIH's Office of Rare Diseases Research has posted on its website a YouTube video in which Elana Simon and a fellow survivor explain why it's important get involved.
- "Fibrolamellar Hepatocellular Carcinoma. Not easy to pronounce. Not easily understood," it says.



Elana Simon, a teen survivor of a rare liver cancer, spearheaded a study that led a team of researchers to find a gene flaw involved with the disease. She plans to study computer science at Harvard next fall. ZACH VEILLEUX / THE ASSOCIATED PRESS

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'Round the world wisdom

Reframe failure and learn from your competitors

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The wisdom gained from a dash of defeat can be as golden as the medal itself. ISTOCK

When taking on a new project we define our own benchmark of success. After unexpectedly winning the 2010 Atacama Crossing in the team category, I returned to the Sahara Race to try to repeat. Our success would be defined by one word: winning. As things would unfold, however, we placed second and I would need to reframe the experience to another positive outcome.

On Day 1 we trailed the Spaniards, Day 2 we led, and by Day 4 we lagged behind the Italians by 35 minutes. On Day 5, the race consisted of a double marathon (90 kilometres), a distance long enough to make up the time. Our plan was to attack at the 55-kilometre mark.

At that point, we repeatedly attacked and ran inches from each other without speaking for what seemed like an eternity, ultimately concluding the Italians weren't going to break. We conceded the overall race and agreed to finish the double marathon together, and the race shifted from adversarial to full-on collaboration, helping each other reach the finish line.

No longer competing for the win, we openly shared all our race tactics as well as our training secrets. I had been training with a mask-based hypoxicator system where the barometric pressure is kept the same but the oxygen content is reduced, replicating 4,000 metres of altitude along with its known medical benefits. Meanwhile, the Italians detailed how they trained on the beach running with their eyes closed, to be at one with the sand.

Fast forward to last week: I signed up to run another desert.

Sure enough I found myself running on the beachfront with my eyes closed.

It reconnected me to the fact that the most painful moment of my Sahara experience was also a learning moment that wasn't lost on me.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Dream team

"We conceded the overall race and agreed to finish the double marathon together, and the race shifted from adversarial to full-on collaboration, helping each other reach the finish line."

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Canucks defenceman Kevin Bieksa tries to bat the puck past Senators goalie Craig Anderson during the Heritage Classic game in Vancouver on Sunday.
JONATHAN HAYWARD/THE CANADIAN PRESS

Sens put Canucks away in icebox

NHL. Ottawa rallies from early two-goal deficit for win in outdoor-turned-indoor Heritage Classic

Senators rookie Cody Ceci is trying to help his team by helping his own cause.

Ceci's second-period goal stood up as the winner as the Ottawa Senators downed the Vancouver Canucks 4-2 before a disappointed crowd of more than 50,000 people Sunday in the NHL Heritage Classic.

"It means a lot," said Ceci, a 20-year-old Ottawa native. "These are points that we need right now going down the stretch, and it means a lot to me. I'm just trying to earn my spot here."

The Senators (27-23-11) posted their first win in three games and kept pace in the race for the eighth and final playoff berth in the Eastern Conference. The Canucks (28-25-10) suffered their ninth loss in 10 games and remained on the bubble in their quest for eighth in the Western Conference.

Ceci put the Senators ahead 3-2 midway through the second. The defenceman moved up, took a pass from Jason Spezza, and fired home a shot from the right wing on a 3-on-2 rush.

He helped the Sens make a classic comeback as they produced four unanswered goals after trailing 2-0 in the first five minutes. The score was tied 2-2 after the first period before Ceci decided the outcome.

Clarke MacArthur, Erik Karlsson and Colin Greening, into an empty net with 1:33 left in the game, also scored for Ottawa.

Jason Garrison and Zack Kassian scored for the Canucks before Ottawa goaltender Craig Anderson shut them out the rest of the game.

The Canucks lost winger Daniel Sedin in the second period after he took an elbow to the head from Ottawa defenceman Marc Methot. A woozy Sedin was helped by two trainers from the bench on a long way to the dressing room. No penalty was called on the play.

The game was designed as a tribute to the 1915 Stanley Cup final series between the eventual-champion Vancouver Millionaires and Ottawa Senators. The Canucks wore maroon and cream-coloured replica Millionaires jerseys while the Senators sported duds similar to those of their predecessors.

THE CANADIAN PRESS

Heritage Classic

4	2
Senators	Canucks

- The NHL's outdoor series was forced to go indoors as the BC Place Stadium roof was closed due to rain.
- The weather teased Vancouver and Ottawa players who had hoped the roof would remain open. Although Vancouver received a light snowfall overnight, a morning drizzle forced the closure of the stadium's retractable dome.

Vancouver's BC Place Stadium's roof was closed on Sunday.
DARRYL DYCK/THE CANADIAN PRESS

PGA

Henley wins four-man playoff

Russell Henley made good on his second chance at the 18th hole Sunday and won the Honda Classic after a wild day that began with Tiger Woods walking off the course with a back injury and ended with a four-man playoff.

Henley was in a three-way tie for the lead, 40 yards left of the flag on the par-5 18th in regulation, when he chunked a chip so badly that it only got halfway to the hole.

In the playoff, Henley was the only player to reach the 549-yard hole in two, and he two-putted from about 40 feet for birdie.
THE ASSOCIATED PRESS

MLB

Bronx Bombers blast Blue Jays

Carlos Beltran homered for his first hit this spring, leading the New York Yankees past the Toronto Blue Jays 8-2 on Sunday.

Jose Bautista hit his second homer in exhibition play for the Blue Jays.

Beltran's solo home run in the third capped a four-run inning that included a two-run homer by Eduardo Nunez. THE ASSOCIATED PRESS

NHL

LaFontaine joins Buffalo exodus

First, Ryan Miller. Then, Pat LaFontaine.

A day after trading their star goalie to St. Louis, the Buffalo Sabres lost another face of their franchise after LaFontaine abruptly resigned as president of hockey operations on Saturday a little more than three months after being brought in to provide a new direction to the NHL's last-place team. THE ASSOCIATED PRESS

NBA

DeRozan leads Raps past Warriors

DeMar DeRozan scored 32 points to lead the Toronto Raptors past the Golden State Warriors 104-98 on Sunday afternoon.

Kyle Lowry added 13 points and eight assists for Toronto (33-26). Stephen Curry scored a game-high 34 points for Golden State (36-24). THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
The Sun links with power planet Pluto today, so it's unlikely you will be in the mood to stay home and bake cookies. There is a world out there and you have the talent to be Number One.

♉ Taurus
April 21 - May 21
If you take a risk over the next 24 hours it will more than likely pay off. No matter how powerful your rivals may be you have what they do not – staying power and no fear.

♊ Gemini
May 22 - June 21
No matter what you turn your hand to over the next few days it will work out better than you expected. You are going to accomplish something special indeed.

♋ Cancer
June 22 - July 23
Never doubt that you have what it takes to succeed. Never doubt that you belong at the top with the best. Today's Sun-Pluto link will inspire you to believe all things are possible.

♌ Leo
July 24 - Aug. 23
The week ahead will be busy in the extreme but you're ready for the challenges that will come your way – in fact you're eager for them. Don't wait for others to take the lead, take it yourself.

♍ Virgo
Aug. 24 - Sept. 23
You may have to get tough with someone who has let you down but make sure you don't let your anger take over because if you go too far you will lose your credibility.

♎ Libra
Sept. 24 - Oct. 23
You won't stop impressing people with your ideas, both at home and at work others will look up to you as the one person they can trust to see things as they really are.

♏ Scorpio
Oct. 24 - Nov. 22
How much confidence do you have in your abilities? Hopefully it's a lot because with the Sun linked to your ruler Pluto there are going to be some big changes coming.

♐ Sagittarius
Nov. 23 - Dec. 21
Some things are more difficult than others but this will be one of those days when everything comes easy to you. With the Sun linked to Pluto, planet of power, there is nothing you cannot do.

♑ Capricorn
Dec. 22 - Jan. 20
Don't let your suspicious nature get the better of you today because there is little you have to worry about. Pluto in your sign means others should be more afraid of you than you of them.

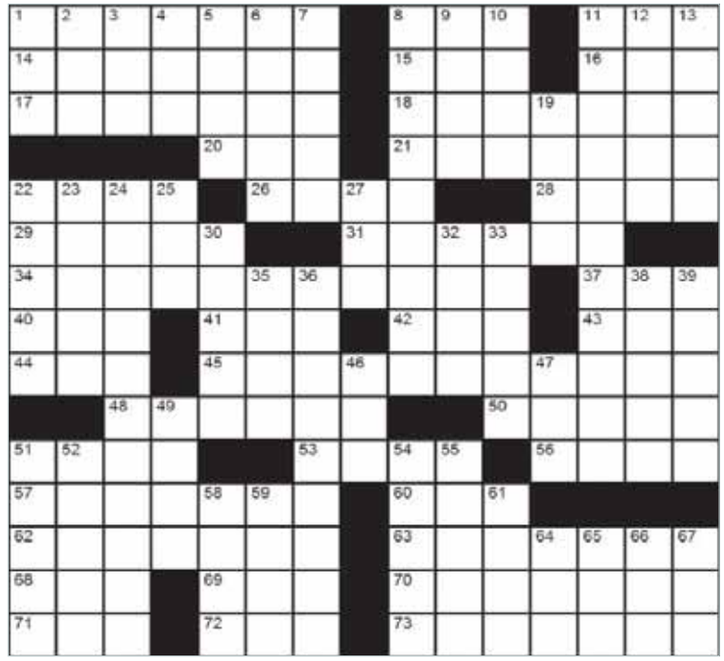
♒ Aquarius
Jan. 21 - Feb. 19
Remember today that even an Aquarius has limits. It may feel as if you can take on the world and win but there may be a downside if you come on strong when you don't have to.

♓ Pisces
Feb. 20 - March 20
The world will see your passionate side today and even your friends will be amazed at your determination. Those who thought you were all talk are about to be proved wrong. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

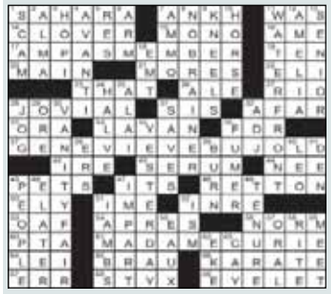
BY KELLY ANN BUCHANAN



Across
1. Pharaoh's pride
8. Nancy Grace's station
11. Canada's dance music channel
14. Escape legend
15. Storm's centre
16. Can. neighbour
17. Spring Training locale for the Toronto Blue Jays
18. Gobbled down the food
20. 'Senor' suffix
21. __-__ protester (Fashion show attendee, at times)
22. Sovereign's staff
26. Ex-love of Britney's ex-love Kevin
28. Built
29. Jim Croce's "_ __ _ Name"
31. Hertz pickup
34. Canadian correspondent on "The Daily Show with Jon Stewart": 2 wds.
37. Against [abbr.]
40. Sun lotion number
41. Never: German
42. 'Carot' completer
43. Scot's 'own'
44. Royal officer, for short
45. Great alum of "American Idol": 2 wds.
48. Yellow-green hue
50. Deliver the summons
51. Mr. Garfunkel, Heather __
53. Look for
56. Australian greeting!
57. Make mention of: 2 wds.
60. Jewellery sparkler
62. Canadian artist Mr. MacDonald (b.1901 - d.1989)
63. Indigo CEO, cute-style
68. Tic-Tac-Toe win
69. Fitting
70. Closed-off area
71. Brit. word/reference work
72. __-di-dah
73. Riot spray: 2 wds.

Down
1. High degree
2. "__, too?!?"
3. Bleed
4. 'Block' suffix
5. Skirt length
6. Monogram components, for short
7. Showbiz personality Ms. Shore
8. 1962 Crystals hit: 3 wds.
9. Ms. Redgrave
10. Organized
11. Old West sight: 2 wds.
12. Pretension person
13. Mother, in Madrid
19. Terza __ (Italian verse form)
22. Grammy-winning artist, __ Elliott
23. Awestruck
24. Mashed potatoes, as an example: 2 wds.
25. Greek letter
27. The Altar constellation
30. Ms. Paquin's
32. "99 Luftballons" by __
33. Overbrims
35. Clothes-washing brand
36. What many Canadians do at Spring Break: 2 wds.
38. PEI's motto, __ sub Ingenti
39. Rocker Mr. Wentz, fun-style
46. Li'l Abner character, Daisy __
47. Say "Pretty, please!"
49. Glaring glancer
51. Spelled-out "Star Wars" (1977) character, __-Detoo
52. Use a garden shed tool once more
54. Type of heron
55. Carolyn __ (Name behind 'Nancy Drew' stories)
58. Tangible
59. Bark-made cloth
61. Isinglass
64. 35mm camera variety, briefly
65. Maclean's, e.g.
66. Marilu's role on '90s comedy "Evening Shade"
67. Belonging to maha's li'l state

Friday's Crossword

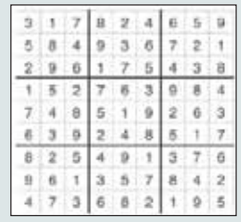


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

9	3	6			7			1
	7	5	3			9	4	
2				9		5		
				3	1	2	5	
			2		9			
	9	2	4	5				
		4		2				8
	5	3			4	6	9	
7			8			4	1	5

Friday's Sudoku



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